

FIND THE WORD YOU NEED TODAY

Grief

There is no right or wrong word. Let your eyes wander and notice what feels important today.

T	C	R	K	S	Q	R	E	Z	N	J	K	V	K	O	H	R	W
S	J	O	Y	I	T	E	P	J	W	R	E	M	E	M	B	E	R
R	T	I	N	U	L	S	G	E	T	T	I	M	E	T	F	O	T
T	B	G	L	N	H	T	E	E	R	W	G	R	C	C	C	L	C
Q	O	B	P	P	E	W	U	P	N	M	O	V	A	V	H	S	S
E	N	G	X	L	R	C	K	D	V	T	I	Z	L	J	O	H	F
K	W	G	E	D	A	E	T	U	Y	X	L	S	M	E	P	G	J
Y	G	S	O	T	X	L	S	I	E	Z	T	E	S	V	E	X	C
M	P	N	S	B	H	M	S	E	O	Y	V	I	D	I	G	P	O
E	F	W	P	Y	F	E	N	S	N	N	W	B	B	A	O	R	M
M	B	R	S	K	I	V	R	F	Q	T	R	H	R	K	B	N	P
O	K	I	N	D	N	E	S	S	T	D	U	I	E	B	Z	N	A
R	I	M	I	R	F	R	I	E	N	D	S	J	A	B	H	T	S
Y	T	U	R	S	U	P	P	O	R	T	Y	K	T	W	W	G	S
Q	E	I	L	O	V	E	V	E	E	X	L	P	H	V	E	W	I
N	A	M	F	A	M	I	L	Y	E	V	A	H	E	U	W	Y	O
W	R	M	P	S	I	C	A	R	R	Y	A	E	L	L	A	X	N
K	S	I	Z	S	K	Y	G	X	Y	G	Q	O	Y	A	O	C	Z

Words hidden in the puzzle: LOVE · REMEMBER · HOPE · TOGETHER · CARRY · TIME · PERMISSION · GENTLE · SUPPORT · CONNECTION · PRESENT · MEMORY · BREATHE · KINDNESS · TEARS · COMPASSION · REST · FAMILY · FRIENDS · CALM

You do not have to complete the puzzle. The word that catches you may be enough.

[Space to Breathe Therapy](#)

THE WORD THAT FOUND ME

Grief does not always arrive as sadness. It can feel like longing, anger, numbness, exhaustion, relief, confusion, love, fear, or a sudden wave that seems to come from nowhere. Rather than asking yourself to explain all of that, begin with one word.

My word today is:

What does this word bring up for me?

What might I need today?

If your word was **REMEMBER**, perhaps you need space for a memory rather than pressure to move away from it. If it was **TEARS**, perhaps your body needs permission to release something. If it was **CONNECTION**, perhaps grief feels too lonely to carry by yourself. If it was **REST**, perhaps today is already asking enough of you.

One gentle thing I can give myself today:

A MESSAGE FROM MAGGIE

Grief does not follow a timetable. It does not behave neatly, and it does not always look the way other people expect it to look. Some days you may want to talk about the person, relationship, future, role, place, health, or part of life you have lost. On another day, you may need not to talk about it at all.

I created this word search because sometimes a direct question can feel too big. 'How are you?' can be almost impossible to answer when the truth contains so many different feelings. A single word can be a gentler starting point.

If **LOVE** finds you, it may remind you that grief and love can sit beside one another. If **PERMISSION** appears, perhaps you need permission to grieve in your own way rather than according to somebody else's expectations. If **CARRY** stands out, you might think about what you are carrying and whether any part of it could be shared. If **TIME** catches your eye, remember that there is no fixed point at which grief should be finished.

You may return to this exercise months later and find another word. That does not mean you have gone backwards or forwards. It simply means something different may need your attention today.

There is no requirement here to turn pain into a lesson or to find a positive meaning. Sometimes the kindest thing we can do is recognise what is present, make room for it, and allow ourselves support while it is here.

Maggie

Space to Breathe Therapy

A gentle grief check-in

Today my grief feels: _____

A memory that is with me today: _____

What I need less pressure around: _____

What might help me feel supported: _____